

GET FIT BOERNE

April 22- 28

Monday April 22nd

Camp Gladiator	5:00AM	Live Oak Shopping Center
Camp Gladiator	5:15AM	Boerne Middle School South
Fit Path All Day	5:30AM-8:30PM	YMCA
Camp Gladiator	5:30AM	United Texas Credit Union
HIIT 45	5:45AM-6:30AM	YMCA
Camp Gladiator	6:30AM	BISD Central Office
Camp Gladiator	7:45AM	BISD Central Office
Camp Gladiator	8:00AM	Los Encinos Event Center
Trekking	8:15AM-9:00AM	YMCA

LES MILLS BODYSTEP	8:30AM-9:15AM	YMCA
LES MILLS SPRINT	9:00AM-9:30AM	YMCA
Camp Gladiator	9:00AM	Sauced Wing Bar
SILVER SNEAKER YOGA STRETCH	9:15AM-10:15AM	YMCA
Monday Morning Meditation	9:15AM	Patrick Heath Public Library
Camp Gladiator	9:15AM	Los Encinos Event Center
LES MILLS BODYPUMP	9:20AM-10:20AM	YMCA

Camp Gladiator	9:30AM	Raymond Russell Park
Camp Gladiator	9:30AM	Agricultural Heritage Museum
SILVER SNEAKER YOGA	10:20AM-11:20AM	YMCA
STRETCH Rhythm and	10:30AM-11:25AM	YMCA
Resistance	11:30AM-12:30PM	YMCA
Mat Pilates	12:00PM	Agricultural Heritage Museum
Camp Gladiator	12:35PM-1:20PM	YMCA
LES MILLS BODYPUMP EXPRESS	4:15PM-5:00PM	YMCA
LES MILLS BODYCOMBAT Camp	4:30PM	Agricultural Heritage Museum
Gladiator	5:00PM-6:00PM	YMCA
LES MILLS BODYFLOW	5:00PM-5:30PM	YMCA

FC Thunder "Street Soccer/Skill Sessions"	5:00PM-6:00PM	Boerne City Park Field 5
LES MILLS BODYPUMP	5:15PM-6:15PM	YMCA
Camp Gladiator	5:45PM	Agricultural Heritage Museum
Les Mills GRIT Series	6:00PM-6:30PM	YMCA

FC Thunder "Street Soccer/Skill Sessions"	7:30PM-8:30PM	Boerne City Park Field 3
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Tuesday April 23rd

Camp Gladiator	4:45AM	First Baptist Church Boerne
Camp Gladiator	5:15AM	Boerne Middle School South
Fit Path All Day	5:30AM-8:30PM	YMCA
SpinPower	5:30AM-6:15AM	YMCA
Camp Gladiator	5:30AM	Messiah Lutheran Church
Camp Gladiator	6:45AM	Messiah Lutheran Church
Camp Gladiator	8:00AM	Los Encinos Event Center
LES MILLS BODYPUMP	8:15AM-9:15AM	YMCA
Pole Walking	8:45AM-10:00AM	Kronkosky Place
Camp Gladiator	9:00AM	Tapatio Springs Resort
SILVERSNEAKERS CLASSIC	9:15AM-10:15AM	YMCA

It is a requirement to look at class description due to class specifications.

Seminars

Youth

Ages 7-10

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Tuesday April 23rd

Camp Gladiator	9:15AM	Los Encinos Event Center
POUND	9:20AM-10:15AM	YMCA
SpinPower	9:30AM-10:15AM	YMCA
		YMCA
LES MILLS Barre	10:20AM-11:20AM	
ZUMBA	10:30AM-11:30AM	YMCA
SILVERSNEAKERS CLASSIC	10:30AM-11:30AM	Kronkosky Place
Jump Board Interval	10:30AM-11:20AM	YMCA
Yoga	11:30AM-12:30PM	YMCA
How clean is your spinal hygiene?	12:00PM	Patrick Heath Public Library
Les Mills GRIT Series	12:35PM-1:05PM	YMCA
Intro to Yoga	2:00PM	Aerial Yoga Boerne
LES MILLS BODYCOMBAT	4:15PM-5:05PM	YMCA
Wellbeats Lower	4:30PM-5:30PM	YMCA
FC Thunder "Street Soccer/Skill Sessions"	5:00PM-6:00PM	Boerne City Park Field 5
Core and More	5:15PM-6:10PM	YMCA
Camp Gladiator	5:30PM	St Elizabeth Ann Seton Catholic Church
Yoga-Strength	6:00PM-7:00PM	YMCA
ZUMBA TONING	6:15PM-7:15PM	YMCA
Camp Gladiator	6:15PM	First Baptist Church Boerne
Camp Gladiator	6:45PM	St Elizabeth Ann Seton Catholic Church
Camp Gladiator	7:30PM	First Baptist Church Boerne
FC Thunder "Street Soccer/Skill Sessions"	7:30PM-8:30PM	Boerne City Park Field 3

Wednesday April 24th

Camp Gladiator	5:00AM	Live Oak Shopping Center
Fit Path All Day	5:30AM-8:30PM	YMCA
Camp Gladiator	5:30AM	United Texas Credit Union
Camp Gladiator	6:30AM	BISD Central Office
Camp Gladiator	7:45AM	BISD Central Office
Trekking	8:15AM-9:00AM	YMCA
HIIT 45	8:30AM-9:15AM	YMCA
SpinPower	9:00AM-9:30AM	YMCA
Camp Gladiator	9:00AM	Sauced Wing Bar
Women on Weights	9:15AM-10:15AM	YMCA
SILVERSNEAKERS CLASSIC	9:15AM-10:15AM	YMCA
LES MILLS BODYPUMP	9:20AM-10:20AM	YMCA
Camp Gladiator	9:30AM	Raymond Russell Park
Camp Gladiator	9:30AM	Agricultural Heritage Museum
SILVERSNEAKERS CIRCUIT	10:20AM-11:20AM	YMCA
ZUMBA	10:30AM-11:25AM	YMCA
Mat Pilates	11:30AM-12:30PM	YMCA
LES MILLS BODYPUMP EXPRESS	12:15AM-1:00PM	YMCA
Camp Gladiator	12:00PM	Agricultural Heritage Museum
Pony Rides	3:30PM	Patrick Heath Public Library
LES MILLS CXWORX	4:15PM-5:00PM	YMCA
Camp Gladiator	4:30PM	Agricultural Heritage Museum
LES MILLS SPRINT	4:50PM-5:20PM	YMCA

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Wednesday April 24th

FC Thunder "Street Soccer/Skill Sessions"	5:00PM-6:00PM	Boerne City Park Field 5
LES MILLS BODYPUMP	5:10PM-6:10PM	YMCA
Camp Gladiator	5:45PM	Agricultural Heritage Museum
Yoga	6:00PM-7:00PM	YMCA
ZUMBA	6:15PM-7:15PM	YMCA
FC Thunder "Street Soccer/Skill Sessions"	7:30PM-8:30PM	Boerne City Park Field 3

Thursday April 25th

Camp Gladiator	5:15AM	Boerne Middle School South
Fit Path All Day	5:30AM-8:30PM	YMCA
SpinPower	5:30AM-6:15AM	YMCA
Camp Gladiator	5:30AM	Messiah Lutheran Church
Camp Gladiator	6:45AM	Messiah Lutheran Church
Camp Gladiator	8:00AM	Los Encinos Event Center
LES MILLS BODYPUMP	8:15AM-9:15AM	YMCA
Les Mills GRIT Series	8:30AM-9:00AM	YMCA
Camp Gladiator	9:00AM	Tapatio Springs Resort
SILVERSNEAKERS	9:15AM-10:15AM	YMCA
CLASSIC Camp Gladiator	9:15AM	Los Encinos Event Center
CORE AND STEP	9:20AM-10:20AM	YMCA
SpinPower	9:30AM-10:15AM	
LES MILLS Barre		YMCA
	10:30AM-11:30AM	YMCA
SILVERSNEAKERS	10:30AM-11:30AM	YMCA
CLASSIC LES MILLS	11:30AM-12:30PM	YMCA
Home Detox	12:00PM	Patrick Heath Public Library
Intro to Aerial Yoga	2:00PM	Aerial Yoga Boerne
LES MILLS BODYSTEP	4:15PM-5:00PM	YMCA
FC Thunder "Street Soccer/Skill Sessions"	5:00PM-6:00PM	Boerne City Park Field 5
Les Mills GRIT Series	5:10PM-5:40PM	YMCA
Camp Gladiator	5:30PM	St Elizabeth Ann Seton Catholic Church
Judo	5:30PM-6:30PM	YMCA
Yoga-Flow	6:00PM-7:00PM	YMCA
Camp Gladiator	6:45PM	St Elizabeth Ann Seton Catholic Church
FC Thunder "Street Soccer/Skill Sessions"	7:30PM-8:30PM	Boerne City Park Field 3

Friday April 26th

Camp Gladiator	5:00AM	Live Oak Shopping Center
Fit Path All Day	5:30AM-8:30PM	YMCA
Camp Gladiator	5:30AM	United Texas Credit Union
LES MILLS BODYCOMBAT	8:15PM-9:15PM	YMCA
Running Group	9:00AM-10:00AM	YMCA
LES MILLS SPRINT	9:00AM-9:30AM	YMCA
Camp Gladiator	9:00AM	Sauced Wing Bar

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Friday April 26th

SILVER SNEAKER YOGA STRETCH	9:15AM-10:15AM	YMCA
Women on Weights	9:15AM-10:15AM	YMCA
LES MILLS BODYPUMP	9:20AM-10:20AM	YMCA

Camp Gladiator	9:30AM	Raymond Russell Park
Camp Gladiator	9:30AM	Agricultural Heritage Museum
LES MILLS CXWORX	10:30AM-11:00AM	YMCA
ZUMBA	10:30AM-11:30AM	YMCA
Yoga	11:30AM-12:30PM	YMCA

Pampering Yourself w/ Essential Oils 12:00PM Patrick Heath Public Library

Currey Creek Trailhead Walk	12:00PM-2:00PM	Currey Creek Trail
LES MILLS BODYPUMP EXPRESS	12:35PM-1:20PM	YMCA
LES MILLS BODYCOMBAT	4:30PM-5:30PM	YMCA
Stand up Paddle Board	5:00PM-6:00PM	Boerne City Lake

Saturday April 27th

Fit Path All Day	5:30AM-6:30PM	YMCA
Specialized Fitness/Bootcamp	8:00AM	Specialized Fitness
LES MILLS SPRINT	8:30AM-9:00AM	YMCA
LES MILLS BODYPUMP	8:45AM-9:45AM	YMCA
Les Mills GRIT Series	9:00AM-9:30AM	YMCA
Les Mills Barre/BodyFlow Combo	9:45AM-10:45AM	YMCA
LES MILLS BODYCOMBAT	10:00AM-10:55AM	YMCA

Fire on the Mountain Cloggers 10:30AM Patrick Heath Public Library

ZUMBA	11:00AM-12:00AM	YMCA
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Sunday April 28th

Fit Path All Day	10:15AM-4:00PM	YMCA
LES MILLS BODYPUMP	1:00PM-2:00PM	YMCA
LES MILLS BODYFLOW	2:00PM-2:30PM	YMCA
Yoga	2:45PM-3:45PM	YMCA

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